

# CLIFF

## Therapeutic Community

According to the 2000 National Household Survey on Drug Abuse, approximately 8.8 million people have tried Methamphetamine at some point in their lives. While Methamphetamine use originally impacted primarily the West and Southwest, the problems have spread to both rural and urban areas of the Midwest. Indiana has not been immune. Methamphetamine production, distribution, and use in Indiana have reached epidemic proportion. Managing the Methamphetamine problem in Indiana requires aggressive approaches from a variety of fronts. Attacking one aspect of the Methamphetamine problem is not sufficient. Many of the current approaches to managing the Methamphetamine epidemic have relied solely on law enforcement. While law enforcement agencies continue to actively confront the issue, efforts must be expanded in other realms.

As law enforcement agencies continue to expand their efforts in controlling the production and distribution of Methamphetamine, an increasing number of offenders are entering the criminal justice system in need of treatment for Methamphetamine abuse or dependence. In an effort to more actively manage this population, the Department of Correction has developed an implemented a specialized intensive substance abuse treatment program for incarcerated offenders that are Methamphetamine abusers. This is a program located at the Wabash Valley Correctional Facility in Carlisle, Indiana.



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# CLIFF

## THERAPEUTIC COMMUNITY



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**J. David Donahue**  
Commissioner

## Welcome to the

## *C.L.I.F.F. Community*

The Department of Correction has designed several cognitive behavioral interventions to help treat offenders. I am proud to announce the opening of the **"Clean Lifestyle is Freedom Forever" (CLIFF)** program and treatment unit at the Wabash Valley Correctional Facility.

Effective prevention begins with an assessment of the specific nature of the drug problem within the local community and adapting the program accordingly. Our CLIFF program assists offenders in recovery from Methamphetamine and all other associated drug addictions. The unit provides offenders with a positive environment in which they learn the social and cognitive skills to successfully stay out of the criminal justice system. I am confident that our professionally-trained staff will offer the best environment to help the offenders learn to live in recovery.

My goal is to develop a **Meth-Free Indiana** strategy for offenders in our system. This means we offer a broad range of treatment solutions for our participants before they re-enter the community.

# *Clean Lifestyle Is Freedom Forever*

## *Clean Lifestyles Forever*

The CLIFF Therapeutic Community at Wabash Valley Correctional Facility is a 200-bed program dedicated to the treatment of offenders with Methamphetamine abuse problems.

In addition to assisting offenders in re-recovery from Methamphetamine and drug addiction, the CLIFF Therapeutic Community provides offenders with a positive environment in which they learn the social and cognitive skills required to get out and stay out of the criminal justice system.

## *The Facility*

The Wabash Valley Correctional Facility is a 2,152-bed located at Carlisle, Indiana. It is a clean, well-maintained state-of-the-art correctional facility.

Wabash Valley houses minimum, maximum, as well as super-maximum level offenders.

## *Treatment*

Offenders in the CLIFF Therapeutic Community participate in a wide-range of clinical activities including:

- Cognitive Behavior Programming
- Methamphetamine Specific Programming
- Group Counseling
- Individual Counseling
- Life Skills Training
- Relapse Prevention/Re-entry Programming

## *Participants*

Offenders who meet the following criteria can be assessed for admission to the CLIFF Therapeutic Community:

- A significant history of substance abuse with significant impairment caused by Methamphetamine use
- A projected release date that falls within 14 and 24 months at time of admission
- No institutional incidents involving weapons or assault for at least one year
- Must have good disciplinary conduct history

## *Benefits*

Offenders who participate in the CLIFF Therapeutic Community benefit in several ways:

- They complete their sentences in a conducive rehabilitative environment
- They learn to restructure their thinking and change their behavior
- They develop a comprehensive re-entry plan that includes viable life skills, relapse prevention strategies, and best placement for continuing growth
- They become eligible for up to a six-month time-reduction

**Wabash Valley  
Correctional  
Facility**

